














Monday	Tuesday	Wednesday
	<div> NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.  = Meal contains more than 1000mg sodium </div>	
	4 10:45 Dancing, Social Hall 11:45 Lunch Chili verde, tortilla, fresh refried beans, green salad w/cabbage, fruit 1:00 Big Bingo 	5 11:45 Lunch Breaded fish, whole grain bread, chef's blend veggies, boiled red potatoes, fruit 1:00 Movie: Ruby Sparks 4:00 Wii Bowling
	6 10:30 Line Dancing, Social Hall 11:45 Lunch Beef stew w/ carrots, peas, onions, celery, potatoes and coleslaw, fruit 12:45 Bingo, Social Hall 5:30 Movie: Ruby Sparks 	
11 8:30 HICAP 10:15 Workshop: Meditation 10:45 Dancing, Social Hall 11:45 Lunch Spaghetti w/ meatball, garlic bread, Italian veggies, green salad, fruit 	12 9:10 Eyeglass Repair 10:00 SALA Appointments 10:00 Nutrition Workshop: Eat the Rainbow 10:30 Book Club "Timbuktu" 11:45 Lunch Ron's special chicken, whole grain bread, mixed veggies, sliced tomatoes & bell peppers 1:00 Movie: The Avengers 4:00 Wii Bowling	13 10:30 Line Dancing, Social Hall 11:45 Lunch Chop suey w/ bok choy, onions, celery, bean sprouts, brown rice, cabbage salad, fruit 12:45 Bingo, Social Hall 5:30 Movie: The Avengers
18 CLOSED 	19 10:00 CSA Information and Referral 10:00 SALA Appointments 11:45 Lunch Meat loaf, mixed veggies, mashed potatoes, whole grain bread, fruit. 1:00 Movie: To Rome With Love 4:00 Wii Bowling 5:00 AARP Driver Safety	20 10:30 Line Dancing, Social Hall 11:45 Lunch Baked breaded fish, brown rice, peas & pearl onions, carrot raisin salad, fruit 12:45 Bingo, Social Hall 2:00 Senior Advisory Committee 2:30 Workshop: Sending and Receiving Email 5:30 Movie: To Rome With Love
25 10:45 Dancing, Social Hall 11:45 Lunch Beef stir fry, brown rice, roasted carrots, zucchini, red bell peppers, onions & sesame seeds 2:00 Newcomer's Group * Last day to turn in application for Art Show	26 9:10 Eyeglass Repair 11:45 Lunch Chicken fajitas w/ bell peppers, mushrooms, tomatoes & onions, tortilla, green salad, fruit 1:00 Movie: Pitch Perfect 1:00 HICAP 4:00 Wii Bowling 5:00 AARP Driver Safety	27 10:30 Line Dancing, Social Hall 11:45 Lunch Vegetarian split pea soup, whole grain bread, broccoli, cauliflower & carrots, baked potato, salad w/egg, fruit 12:30 Alzheimer's Screening 12:45 Bingo, Social Hall 5:30 Movie: Pitch Perfect 

Thursday	Friday	<h2 data-bbox="1094 73 1435 168">Healthy Coconut Shrimp</h2> <div data-bbox="1068 201 1256 235">Ingredients:</div> <div data-bbox="1068 237 1461 672"> Butter-flavored cooking spray 1/3 cup cornstarch 1/2-1 teaspoon ground red pepper 1/4 teaspoon salt 1 tablespoon honey 1 tablespoon lime juice 2 egg whites 1 cup shredded coconut flakes 1 1/2 pounds large shrimp, peeled and deveined, rinsed and patted dry </div> <div data-bbox="1068 703 1240 737">Directions:</div> <div data-bbox="1068 739 1456 1818"> Preheat oven to 425 degrees. Spray a large baking sheet with butter-flavored cooking spray. In a small bowl combine cornstarch, pepper and salt. In a small microwave safe dish heat up honey approximately 30-40 seconds. Add lime juice to honey and stir. Slowly add in egg whites and continue to stir. Place coconut in a thin layer on pie plate or other relatively flat dish. Take each shrimp and first dip it into cornstarch mixture then in egg white mixture and finally roll in the coconut. Then place on the baking sheet. Lightly spray with cooking spray and bake 10-15 minutes or until shrimp is pink and the coconut is lightly toasted. </div> <div data-bbox="1102 1833 1422 1940"> Share with someone special on Valentine's Day. </div>	
	<p>1</p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Pasta & beef w/ onions & tomatoes, pasta, broccoli & carrots, fruit 1:00 Movie: Trouble With The Curve</p> 		
<p>7</p> <p>8:30 Notary 10:00 VTA photos 10:00 Bookmobile 11:45 Lunch Pork chop w/ mushroom sauce, whole grain bread, California blend veggies, baked potato, fruit</p>	<p>8</p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Oven baked chicken, brown rice, broccoli & carrots, green salad, fruit 1:00 Movie: Ruby Sparks</p>		
<p>14</p>  <p>10:00 Bookmobile 11:45 Lunch Chicken pot pie, mixed veggies, salad w/broccoli, special dessert Valentine Day celebration- Bring pictures of your sweetheart to share!!</p> 	<p>15</p> <p>10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, peas & pearl onions, green salad w/broccoli, fruits 1:00 Movie: The Avengers</p>		
<p>21</p> <p>10:00 Bookmobile 11:45 Lunch Baked salmon stuffed w/ crab, whole grain couscous w/ onions, green bell peppers & mushrooms, string beans, broccoli raisin salad, mandarin oranges Come celebrate Lunar New Year-Year of the Snake</p> 	<p>22</p> <p>10:00 Workshop: Smile! Dental 101 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Boneless breaded pork chop, brown rice, 5-way blend veggies, tossed salad, fruit 1:00 Movie: To Rome With Love</p> 		
<p>28</p> <p>10:00 Bookmobile 11:45 Lunch Chicken enchilada, Spanish brown rice, corn, green salad, fruit Birthday Celebrations 2:00 Workshop: Meditation</p> 